

I claim:

1) A device useful for supporting electrical fixtures which comprises:

- a) a spring means comprising a coil of wire, wherein said spring means has an outer diameter, an inner diameter, a first end portion, a second end portion and a length dimension, and wherein said spring means defines a cylindrically shaped space in its interior; and
- b) a tubular inner sheath portion having a first end portion, a second end portion, a length dimension, an inner diameter and an outer diameter,

10 wherein the outer diameter of said sheath portion is smaller than the inner diameter of the spring means, and wherein said sheath portion is disposed within the cylindrical space within said spring means, said length dimension of said flexible inner sheath portion being longer than said length dimension of said spring means.

15 2) A device according to claim 1 further comprising an electrical junction box connected to said first end portion of said inner sheath portion.

3) A device according to claim 1 further comprising an electrical junction box connected to said first end portion of said inner sheath portion and an electrical fixture disposed at 20 said second end portion of said inner sheath portion.

4) A device according to claim 3 wherein said electrical junction box is in a subterranean location, and wherein said electrical fixture is a lighting fixture.

- 5) A device according to claim 1 wherein at least one of said first end portion or said second end portion of said sheath portion includes threads.
- 5      6) A device according to claim 5 wherein said threads are selected from the group consisting of: male threads and female threads.
- 7) A device according to claim 1 wherein both of said first end portion and said second end portion of said sheath portion comprise threads selected from the group consisting of:
- 10     male threads and female threads.
- 8) A device according to claim 1 wherein said spring means is rigidly affixed to at least one of said first end portion or said second end portion of said sheath portion.
- 15     9) A device according to claim 8 further comprising an electrical junction box connected to said first end portion of said inner sheath portion and an electrical fixture disposed at said second end portion of said inner sheath portion.
- 20     10 A device according to claim 1 wherein said spring means is rigidly affixed to both of said first end portion and said second end portion of said sheath portion.

11) A device according to claim 10 further comprising an electrical junction box connected to said first end portion of said inner sheath portion and an electrical fixture disposed at said second end portion of said inner sheath portion.

5      12) A device according to claim 1 wherein each of said first end portion and said second end portion of said sheath portion are smooth.

13) A device as in claim 1 wherein said wire is spring steel.

10     14) A device as in claim 1 wherein said first and said second end portions of said inner sheath portion are metallic being comprised of an alloy of iron including steels and the like.

15     15) A device as in claim 1 wherein said first and said second end portions of said inner sheath portion are made from a polymeric material such as a polyolefin, polyurethane, or other organic polymer known in the art.

- 16) An arrangement comprising a substantially linear fixture post having a hollow interior and protruding upwardly from the earth and having a first end portion and a second end portion, wherein said first end portion of said fixture post is connected to an electrical junction box disposed in a subterranean location by means of a device
- 5 comprising:
- a) a spring means comprising a coil of wire, wherein said spring means has an outer diameter, an inner diameter, a first end portion, a second end portion and a length dimension, and wherein said spring means defines a cylindrically shaped space in its interior; and
- 10 b) a tubular inner sheath portion having a first end portion, a second end portion, a length dimension, an inner diameter and an outer diameter,

wherein the outer diameter of said sheath portion is smaller than the inner diameter of the spring means, and wherein said sheath portion is disposed within the cylindrical space

15 within said spring means, said length dimension of said flexible inner sheath portion being longer than said length dimension of said spring means,

wherein said second end of said linear fixture post comprises an electrical fixture attached thereto, and

20 wherein electrical conductors pass from said electrical junction box, through said inner sheath portion and through said hollow interior of said fixture post to said electrical fixture, thus communicating electrical energy from said junction box to said fixture.

17) An arrangement according to claim 16 wherein said fixture comprises a lamp, a speaker, or a bug zapper.

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